



Celebrate Recovery First NLR

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Celebrate Recovery First NLR

Media Package



Celebrate Recovery (CR) is a Christ-centered place of recovery and support where the Holy Spirit works in us as we work to gain freedom from our issues. We aim to build healthy, loving and supportive relationships and networks with one another. As well as implementing into our lives principles designed to keep us free of our afflictions as we journey on the road of recovery. These afflictions may include one or many of the following:

- Substance abuse
- Depression
- Anxiety
- Isolation
- Abuse: verbal, emotional, physical
- Sexual addictions
- Co-Dependency
- Marriage/Relationship issues
- Low self-worth
- Anger/Rage
- Financial issues
- Gambling
- Holding on to the past
- Guilt and shame
- Eating disorders
- Stress
- Perfectionism
- Anything that holds us down or back

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First Assembly of God North Little Rock
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Thursdays:

Dinner is served at 6pm

(\$4 for adults, \$2 for children, free to newcomers)

Large Group at 6:45pm

Praise and Worship

Lesson/Testimony

Chip Ceremony (4th Thursday of every month)

Open Share Groups at 7:45pm

CR First Look (Newcomers)

Men's Chemical Dependency

Men's Sexual Addictions

Men's A to Z (multiple issues)

Men's Co-Dependency

Women's Chemical Dependency

Women's Co-Dependency

Women's Relationship and Abuse

Women's Anxiety and Depression

Women's A to Z (multiple issues)

Child care for children 6 months - Pre-school and Celebration Place for children K-5

Solid Rock Cafe at 8:45pm

(Free dessert and fellowship)

The History of Celebrate Recovery



Celebrate Recovery (CR) was started in 1991 at Saddleback Church in Lake Forest, California by John Baker with the approval of Pastor Rick Warren (author of *The Purpose Driven Life*.) John, a Christian who had battled alcoholism, had been through secular Alcoholic Anonymous (AA) programs, but felt there needed to be a place where members could combine their Christian faith with the recovery principles he had learned in AA. What started as a meeting of 45 people has grown into a global ministry that is in churches across the United States and world. Celebrate Recovery has been spread to a multitude of countries and translated in nearly 30 different languages. It has even been incorporated into prison systems worldwide (Celebrate Recovery Inside). In fact, it is the state-approved substance abuse program for many prisons.

Celebrate Recovery at First Assembly of God—North Little Rock (First NLR) is a chapter of the national Celebrate Recovery program. For several years First NLR has been home to the Life Recovery Central connection (Sunday school) class. This class focuses on recovering from life's problems and addictions. The success of this class led to the need to start a chapter of the Celebrate Recovery program. The First NLR program was started in January of 2014 with the blessings of Senior Pastor Rod Loy. Due to the principles of Celebrate Recovery and one of the First NLR core values that "Every Soul Matters to God" the program has been a great success and the number of people being blessed by the Holy Spirit through this program is continuing to grow.

The Eight Principles of Recovery



Celebrate Recovery operates on the Eight Principles of Recovery as authored by Rick Warren. These principles are based on the Beatitudes found in the book of Matthew. (The reference verses are listed in parentheses.)

Principle 1: **R**ealize that I am not God, I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Matthew 5:3)

Principle 2: **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Matthew 5:4)

Principle 3: **C**onsciously choose to commit all my life and will to Christ's care and control. (Matthew 5:5)

Principle 4: **O**penly examine and confess my faults to myself, to God, and to someone I trust. (Matthew 5:8)

Principle 5: **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. (Matthew 5:6)

Principle 6: **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Matthew 5: 7, 9)

Principle 7: **R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Principle 8: **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. (Matthew 5:10)

The 12 Steps of Recovery



- Step 1: We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable. (Romans 7:18)
- Step 2: We came to believe that a power greater than ourselves could restore us to sanity. (Philippians 2:13)
- Step 3: We made a decision to turn our lives and wills over to the care of God. (Romans 12:1)
- Step 4: We made a searching and fearless moral inventory of ourselves. (Lamentations 3:40)
- Step 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (James 5:16)
- Step 6: We were entirely ready to have God remove all these defects of character.
- Step 7: We humbly asked Him to remove all our shortcomings. (1 John 1:9)
- Step 8: We made a list of all persons we had harmed and became willing to make amends to them all. (Luke 6:31)
- Step 9: We made direct amends to such people whenever possible, except when to do so would injure them or others. (Matthew 5:23-24)
- Step 10: We continued to take personal inventory and when we were wrong, promptly admitted it. (1 Corinthians 10:12)
- Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out. (Colossians 3:16)
- Step 12: Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs. (Galatians 6:1)

Open Share Group Guidelines



A large part of the healing that occurs in the Celebrate Recovery ministry happens in the Open Share groups. These groups can be for specific issues such as Chemical Dependency, Sexual Addiction or Relationships and Abuse, or general such as A to Z (a "catch all" group). These groups are gender specific, so men and women attend separate groups. The healing comes from confession, where we are free to open up and truly express what we are going through. To be able to share openly and safely, the groups have guidelines for participation.

Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.

Focusing on yourself benefits your recovery as well as the ones around you. Often times when we open up we tend to go from sharing for healing to blaming or "he said, she said" type rambling. During sharing, group members are encouraged to focus on their own thoughts and feelings. This is accomplished by using "I" and "me" statements instead of "they", "he/she", "you", or even "we" statements. When members focus on their own feelings, the thought process remains clear and healing can happen. Also, to ensure that all group members have an opportunity to share, everyone is encouraged to limit his/her sharing to 3 to 5 minutes.

2. There is no cross talk please.

Cross talk is when two people engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions. This can include speaking while someone else is sharing, passing notes while someone else is sharing, making remarks alike "Yeah", "I know how you feel", or "Amen, brother," while someone else is sharing. Additional forms of cross talk include passing tissue or consoling a sharer who is crying, or grieving while they are sharing. This may seem insensitive; however, there is power in tears. Comforting someone during this time may interrupt their healing process. Comforting after the group has ended is absolutely permissible and encouraged.

Open Share Group Guidelines



3. We are here to support one another, not “fix” one another.

We are not psychologists, psychiatrists, or any other form of therapist. We don't give advice to others on how to solve their problems. If a group member would like to seek the advice of someone else after group, he/she is welcome to do so. But unsolicited advice is neither encouraged nor welcomed.

4. Anonymity and confidentiality are basic requirements. Unless, someone threatens to hurt themselves or others.

It is imperative that group members respect the privacy of other group members. What is shared and who is seen (or not seen) in the group stays in the group. Group members may NOT share what he/she heard in group with a spouse, friend, non-group member, or even another group member. This acts to protect the privacy of each group member and helps to ensure that members can feel confident in sharing.

5. Offensive language has no place in a Christ-centered recovery group.

Cussing, swearing or foul language is not permitted at Celebrate Recovery. This rule applies likewise to graphic descriptions of behavior, substances or food items. Left unattended, such descriptions may trigger negative responses or relapse in group members. We recognize that occasionally a slip will happen, in which case the group leader will remind the members to control their language.

Child Care



We have an amazing child care team! Child care is provided (free of charge) for children from six weeks of age up to pre-school. Child care is available from 6:30 pm (just prior to the start of Large Group) until the end of Open Share Groups. All parents are asked to pick their children up promptly after Open Share Groups end. We encourage participation by parents and children alike to share in the fellowship and desserts at the end of the night.



Celebration Place is a safe, Christ-centered place of "pre-recovery" for our children! It is open to all children from Kindergarten to fifth grade. The same lessons taught in Celebrate Recovery are also covered in Celebration Place at an age-appropriate level. Celebration Place (or CP) aims to end the cycle of addictions and destructive behavior in our families before it starts in our children.

Volunteer Opportunities



A large part of recovery and staying sober is getting involved! It takes an army to make a volunteer organization work. The Celebrate Recovery army is on the rise, but could always use more soldiers. Whether you are looking to expand your skill set, contribute to a worthy cause, or meet a requirement for community service Celebrate Recovery at First Assembly of God—North Little Rock (First NLR) is the best place to use or develop your talents. No experience is necessary to get involved. We have service opportunities in the following areas:

- **Media Team:** This team works with sound, lighting, and video projection. This team meets on Tuesday and Thursday evenings.
- **Praise Team:** Singers and musicians of all skill levels are welcome to come utilize and develop their talents. This team meets Tuesday and Thursday evenings.
- **Meal Team:** This team is responsible for preparing and serving meals on Thursday evenings. This team meets from 1pm–6:45pm on Thursdays. Volunteers are not required to be available the whole time.
- **Greeters/Ushers:** This team is the frontline of the hospitality team. They greet and help seat newcomers and regular attendees on Thursday evenings.
- **Set up/Break down Team:** This team is responsible setting up and taking down tables and chairs on Thursday evenings.

We value every volunteer. Come be a part of the Forever Family at Celebrate Recovery First NLR and help us change lives at a place where EVERY SOUL MATTERS TO GOD!

Group Descriptions

For Men



Open Share Groups are one of the most important parts of Celebrate Recovery. This is "where the miracle happens!" The groups are designed to be a safe place where group members can openly and honestly express their experience, strength and hope. Groups are gender specific (men's and women's groups are separate). Each group tends to focus on particular issues or struggles. Members are free to change groups, but are encouraged to stick with the group that deals with their most pressing issue. This enables them to make deeper connections to others within the group to build their support system with those who share a similar struggle. Currently the following groups are available to members:

- **Men's Chemical Dependency**

This group is for men who struggle with drug usage (legal and illegal), alcohol usage, food disorders, and tobacco usage.

- **Men's Sexual Addictions**

This group is for men who struggle with pornography, loss of sexual control, masturbation, homosexuality, improper sexual thoughts, sex outside of marriage, recovering sex offenders, or any other sexually related issue.

- **Men's Co-Dependency**

This group is for men who struggle with finding their value based on the opinions of others, feeling the need to fix others, or have a habit of assisting or aiding others in pursuit of their addictions (including excuse making).

- **Men's A to Z**

This group is for all other issues not covered in the other groups. Issues addressed in this group include but are not limited to anger, anxiety, depression, grief, finances, relationship issues, control issues, perfectionism, past trauma/abuse, holding on to the past, family dysfunctions and many more issues. This group is also for men who are new to recovery or may not be aware of what particular issues they are facing.



Group Descriptions

For Women

- **Women's Chemical Dependency**
This group is for women who struggle with drug usage (legal and illegal), alcohol usage, food disorders, and tobacco usage.
- **Women's Co-dependency**
This group is for women who struggle with finding their value based on the opinions of others, feeling the need to fix others, or have a habit of assisting or aiding others in pursuit of their addictions (including excuse making).
- **Women's Relationships and Abuse**
This group is for women who struggle with the need to be in relationships, repeatedly find themselves in abusive/dysfunctional relationships or have suffered from mental, verbal, physical or sexual abuse.
- **Women's Anxiety and Depression**
This group is for women who struggle with emotional, social or physical issues related to anxiety or depression.
- **Women's A to Z**
This group is for all other issues not covered in the other groups. Issues addressed in this group include but are not limited to low self worth, grief, finances, control issues, perfectionism, holding on to the past, family dysfunctions and many more issues. This group is also for women who are new to recovery or may not be aware of what particular issues they are facing.

What CR Is and What CR Isn't!



Celebrate Recovery is...

- Based on God's Word—the Bible
- A safe place, where confidentiality is highly regarded
- A place of belonging, where you can take off your mask
- Addressing all types of problems and addictions
- A place to learn, grow, and become strong again
- A place to care for others and be cared for
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Celebrate Recovery is NOT...

- A place for selfish control
- Therapy or counseling
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix
- Based on age, race or religious background

Additional Support



While Celebrate Recovery is a great ministry and has the ability to provide tools and resources to help us on the road of recovery, it alone, is not enough to keep us free from our hurts, habits and hang-ups. There are three major components to success in recovery: the grace of God, the will of those recovering, and a great support network. In addition to attending Celebrate Recovery meetings at First NLR, there are many other ways to stay connected with others who are working to get free.

- **Life Recovery Central**

Life Recovery Central (LRC) is a connection class hosted by First Assembly of God—North Little Rock every Sunday at 11:30 AM. This class is specifically for those who desire more recovery in their lives. It builds on the same principles in which Celebrate Recovery operates. Membership at First Assembly of God is not necessary to attend. This co-ed class is free and open to everyone.

- **Other Celebrate Recovery meetings**

There are many CR locations throughout Central Arkansas with meeting nights nearly every night of the week. Those in recovery are encouraged to find healthy CR meetings to attend as frequently as needed.

- **Step Studies**

These are weekly, gender specific meetings where participants work through one recovery step at a time to get a deeper understanding of their issues and underlying causes. This is a great step on the road to freedom!

Additional Support



- **Sponsors and Accountability Teams**

Sponsors and Accountability teams are great ways to stay on track during the recovery process. They provide positive support and can help to identify negative behaviors. These are people with whom deep bonds can be formed and to whom contact can be made in moments of weakness.

- **Secular Recovery Meetings/Therapies**

Celebrate Recovery does not use licensed therapists or counselors, the groups are not designed for this. CR is by no means a replacement for a traditional recovery program or therapy, and is not against members seeking professional help. Those who attend CR are encouraged to continue to see their previous sponsors and therapists, or add additional treatment as they deem necessary.